



WINTER BASEBALL



January—April 2012 Clinics

George Tsamis

Playing Career:

- Little League World Series (1979)
- Stetson University (1986–1989)
- Stetson University all-time single game strikeout leader (19—April 1, 1986)
- Atlantic Sun Conference Player of the Year (1989)
- Minnesota Twins Organization (1989–1993)
MLB debut: April 26, 1993

Managing Career:

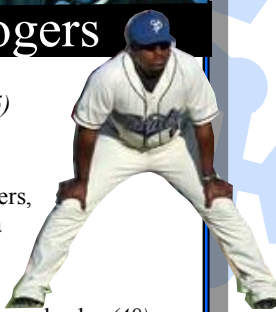
- Waterbury Spirit (1999-2000)
- New Jersey Jackals (2001-2002)
- St. Paul Saints (2003-current)
- Managed teams to three league titles (2001, 2002, 2004)
- Saints all-time winningest manager (370)



Lamarr Rogers

Playing Career:

- Babe Ruth World Series (1985)
- College World Series Long Beach State University (1991)
- Colorado Rockies, Detroit Tigers, Chicago White Sox & Arizona Diamondbacks (1992-1998)
- St. Paul Saints (1997-1998)
- St. Paul Saints all-time stolen base leader (48)



Coaching Career:

- St. Paul Saints (1999-current)
- 19 years of professional experience

The Saints Sports Academy invites you to experience the fun and excitement of Saints Baseball through our Developmental Clinics, designed by St. Paul Saints Manager George Tsamis, for youth ages 5 to 14.

Our instructors, including Saints Hitting Coach Lamarr Rogers, current Saints players, and other former professional and collegiate athletes will teach many of the intricate details of hitting, pitching, and fielding. They understand the importance of each style of hitting and how it correlates to each player's skill level, physical make-up and natural abilities.

Clinics:

- Supervised small-group instruction enhances basic skills as well as the development of more advanced technique.
- Hitting-focused clinics aid in the development of balance, contact, bat-speed, bunting, proper hand position and proper stance
- Pitching clinics educate athletes about the importance of balance and foot mechanics while developing arm strength and control
- Throwing/Fielding clinics offer position-specific instruction that teaches proper foot positioning for throwing, fielding ground balls, catching fly balls, and turning double-plays
- Saints Sports Academy features a 15,000 sq. ft. fieldhouse, regulation turf infield, two regulation clay pitching mounds, batting cages, and portable mounds for training and instruction, weights, treadmills, bicycles, and three 60-yard sprint tracks

PRICING:

# of Clinics	Investment
1	\$65
5	\$200 (\$40 per session)
10	\$350 (\$35 per session)

UPCOMING SCHEDULE (All clinics are one hour in length)

1/7 - 12:30pm: Hitting*	2/25 - 3:30pm: Hitting*	3/10 - 5:00pm: Hitting*	3/24 - 4:00pm: Hitting*
1/14 - 12:30pm: Hitting*	2/25 - 7:30pm: Hitting/Fielding**	3/10 - 5:30pm: Hitting*	3/24 - 4:30pm: Hitting*
1/21 - 12:30pm: Hitting*	3/3 - 2:30pm: Hitting*	3/10 - 6:00pm: Hitting*	3/31 - 6:30pm: Hitting/Fielding**
1/28 - 12:30pm: Hitting*	3/3 - 3:00pm: Hitting*	3/10 - 7:30pm: Hitting/Fielding**	3/31 - 7:30pm: Hitting/Fielding**
2/4 - 12:30pm: Hitting*	3/3 - 3:30pm: Hitting*	3/17 - 6:30pm: Hitting/Fielding**	4/7 - 2:30pm: Hitting/Fielding**
2/11 - 12:30pm: Hitting*	3/3 - 4:00pm: Hitting*	3/17 - 7:30pm: Hitting/Fielding**	4/7 - 12:30pm: Basic Hitting*
2/5 - 12:30pm: Hitting*	3/3 - 4:30pm: Hitting*	3/24 - 2:30pm: Hitting*	4/14 - 2:30pm: Hitting/Fielding**
2/25 - 2:30pm: Hitting*	3/10 - 4:00pm: Hitting*	3/24 - 3:00pm: Hitting*	4/14 - 12:30pm: Basic Hitting*
2/25 - 3:00pm: Hitting*	3/10 - 4:30pm: Hitting*	3/24 - 3:30pm: Hitting*	

*Hitting Clinics open to first 6 athletes

**Open to first 30 athletes

To Register Call:

(952)985-5949

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